



The SOUL khaya

reflect | experience | rejuvenate | restore

Discover a sanctuary of bliss and tranquility when you visit The Soul Khaya. In the time you spend with us you will 'take the journey home', to restore your soul. By experiencing your day in a mindful way, we hope to start you on the path to inner peace. From arrival you will receive gentle care and attention from your therapist. Our rituals are unique, comprehensive and decadently indulgent, and are performed with sheer commitment and belief by our therapists.

The Soul Khaya offers contemporary treatments and rituals of both Eastern and Western traditions. We welcome all cultures and religions to our haven, everyone is welcome here. Your spirituality has nothing to do with which religion you follow, your colour, race or creed, but everything to do with your state of consciousness and mindfulness.

The philosophy of The Soul Khaya is best experienced through our Signature Rituals. These are 7 chosen soul journeys each have their own intention and combine physical and spiritual health and well-being. These rituals are based on the 7 chakras or energy centers of the body, an ancient belief and foundation of health and harmony.

Please choose from the following list of Signature Rituals or design your own day with the custom spa experience by making a selection from the menu. Our Spa consultants will be happy to assist you in making your choices should you require more traditional treatments.



reFLect | exPERIENCE | reJUVenate | restore



All treatments are performed with Africology. This range of products uses natural plant extracts and 100% natural oils, and captures the healing essence of Africa's exotic plants for a therapeutic experience. By combining Africology, crystal therapy, meditation and healing energy we bring together aspects from the mineral and plant kingdoms to work in unison for their harmonizing healing and soul restorative purposes.

Soul therapy on your connection to all of life, love and appreciation. This embracing treatment starts with a floral foot bath, a ritual cleansing ceremony to prepare you for a private meditation on love, your connection to life, appreciation and prosperity. The experience is then followed by an Indian head, neck, shoulder and back massage based on the principles of Ayurveda and inspired by the healing abilities of Frankincense oil to soothe and calm the mind, body and soul. The soul therapy is completed with a luxurious African pedicure using Africology products to treat the feet with a energy balancing copper plate, a warm massage on the legs, reduces water retention and improves circulation. Hot stones are used on the soles of the feet and calf muscles to aid product penetration and relaxation. An African potato mask is applied to soften rough areas and lock moisture into the skin while encouraging the flow of energy and balancing the energy in the body.

You create your life with each choice
you make - Unknown



embrace

honouring our connection to life

2.5 hours | R850 per person
| R1600 per couple



Welcoming of the Incoming Soul

The Embrace treatment is ideal for the expecting mother and includes a private meditation with the intent of love, nurturing and welcoming the incoming soul. This treatment is available per person or as a couple.

Floral Foot Bath | Meditation | Indian head, neck, shoulder and back massage | Copper and Hotstone Pedicure | Gift | Spa refreshments

The EMBRACE experience includes a gift and spa refreshments.

Love

honouring oneself and the union of souls

3 hours | R750 per person
| R1500 per couple



You give but little when you give of your possessions. It is when you give of yourself that you truly give

- Kahlil Gibran

Floral Foot Bath | Meditation | Milk Bath | Shea aromatherapeutics full body massage | Spa Refreshments

A celebration of love energy, honouring oneself and the union of souls. This transforming experience starts with a floral foot bath, a ritual cleansing ceremony to prepare you for a private meditation on love and honouring the self / one another. You are then immersed in the sweet richness of an exotic, enriching milk bath before embarking on a journey of the senses with an Africology Shea aromatherapeutic full body experience that begins with the selection of your mood enhancing Shea, the cleansing of your energy field, and a comforting warm aromatic compress. The therapeutic massage is then completed by balancing your energy with sound therapy to rejuvenate the mind.



The LOVE experience includes spa refreshments.

Who ever shows up are the right people. Whenever it starts is the right time. Whatever happens is the only thing that could have happened. And when its over , its over
- Angeles Arrien



inspire

stress relieving

2.5 hours | R675 per person



Therapy for the soul to assist with stress management. This inspirational experience starts with a floral foot bath, a ritual cleansing ceremony to prepare you for a private meditation on mental clarity, commitment, integrity and endurance. Please select one of the following treatments:

The Soul Khaya Body Experience
The Senses Facial Experience
Shave and Indian Massage

The INSPIRE experience includes Spa Refreshments

The Soul Khaya Body Experience

Our body experience starts with an Africology body scrub that also acts as a purifying mask. This process deeply eliminates toxins, while exfoliating lifeless skin cells and assists with cell renewal. You may choose between a traditional foot ritual or deeply relaxing facial massage, while the wraps herbal blend moisturises and tones the skin. The experience is completed with a skin serum pressure point massage.

Floral Foot Bath | Meditation | Body Scrub | Body Wrap | Foot Ritual or Facial Massage | Pressure Point Massage | Spa Refreshments

The Senses Facial Experience

A de-stressing, anti-ageing cell renewal care that is rich in natural oils. This velvety textured treatment lubricates the skin to restore elasticity and softness, combating aging and promoting a healthy glow. This therapeutic journey starts with a warm neck and shoulder massage followed by a cleansing, exfoliation, mask, and nourishment.

| *Optional with Shirodhara Treatment* |

Floral Foot Bath | Meditation | Neck and Shoulder Massage | Facial Cleansing | Exfoliation | Mask | Nourishment | Spa Refreshments

Shave and Indian Massage

A shave with heated compresses followed by an Indian head, neck, shoulder and back massage based on the principles of Ayurveda and inspired by the healing abilities of Lavender to soothe and calm the nerves and relieve tension.

Floral Foot Bath | Meditation | Shave | Indian head, neck, shoulder and back massage | Spa Refreshments





A soul journey for the youth.

This revitalising experience starts with a floral foot bath, a ritual cleansing ceremony to prepare you for a private meditation on unconditional love, humility, responsibility, tolerance, empathy and compassion. The treatment includes an uplifting facial rich in vitamins and minerals to energise the skin, soothe the mind and calm the soul. The facial is followed by a manicure that treats the skin and nails naturally to keep them hydrated, flexible and strong.

Floral Foot Bath | Meditation | Facial | Manicure
| Spa Refreshments

The VITALITY experience includes spa refreshments.



vitality

a soul journey for the youth

2.5 hours | R250 per person
| R220 per person
for groups of 4 and more



Learn to get in touch with the
silence within yourself and
know that everything in life
has a purpose

- Elisabeth Kubler-Ross

Every journey begins with a single step - Confucius

COURAGE

a soul journey

Full Day | R2000 per person



Floral Foot Bath | Meditation | Milk Bath |
Soul of Africa Body Conditioning Massage |
The Senses Facial Experience | Copper and
Hotstone Pedicure | African Potato Manicure
| Spa refreshments, breakfast and lunch

A soul journey of the self and creative expression. This full day revitalising and balancing journey starts with a floral foot bath, a ritual cleansing ceremony to prepare you for a private meditation on creativity and self expression. You are then immersed in the sweet richness of an exotic, enriching milk bath before starting the Soul of Africa Body Conditioning ceremonial process. This treatment starts with the application of warm soothing mud to release negativity stored in the muscles, this is gently removed with a warm aromatic compress followed by the application of Marula oil in preparation for your intuitive body and scalp massage.

When the body is completely relaxed and the mind has been soothed, you start a therapeutic facial treatment with a warm neck and shoulder massage followed by a cleansing, exfoliation and mask, a luxuriously de-stressing, anti-ageing cell renewal treatment that is rich in natural oils.

Your soul journey continues with a Copper and hotstone pedicure and is completed with a relaxing manicure.



The COURAGE experience includes spa refreshments, breakfast and lunch

Intuitive therapy for the spirit. This enlightening experience starts with a floral foot bath, a ritual cleansing ceremony to prepare you for a private meditation encouraging intuition and spiritual truth.

Your treatment starts with Ear Candelings, also known as "Ear coning", an ancient process with its origins from Indian, Egyptian, Tibetan and Chinese cultures. It is an alternative treatment used to gently remove excess ear wax, and relieve nasal and head congestion. The candles or cones are made from beeswax and organic linen which have been soaked and treated with herbs and essential oils. You can then relax into an arm, neck and shoulder massage that gently guides you to the Lymphatic Drainage

Facial Massage. A treatment for the heart and soul using natural oils known to balance the skin, and emotions, reduce fine lines and relax the skin. This fragrant rejuvenating facial prepares you for your Shirodhara Treatment, an ancient Ayurvedic treatment which involves the soothing continuous flow of warm herbal oil poured slowly and gently across the forehead over the third eye, to bring deep relaxation, clear the mind and stimulate intuition and spirituality. Your treatment is then followed by a full body intuitive herbal oil massage using selected Africology aromatherapy infused oils which are warmly applied and massaged deeply into the body. Working on tight muscles and lymph drainage for ultimate relaxation and indulgence with a warm compress to improve circulation and absorption of essential oils and finished with herbal pods to de-stress and balance. Choose from a relaxing, detox, muscle relaxing or an energising blend.



TRUST

intuitive spirit therapy

Half Day | R1250 per person



Floral Foot Bath | Meditation | Ear Candelings | Arm, neck and shoulder massage | Balancing Facial Massage | Shirodhara Treatment | Scalp Massage | Full Body Intuitive Herbal Oil Massage | Spa Refreshments and light lunch

The TRUST experience includes spa refreshments and a light lunch.

To be fully conscious, we must listen instead of just hear, and look instead of just see

- Jeannie Seward-Magee



Gratitude

for the mindful soul

Full Day | R2000 per person



Mindfulness is a practice, not a religion. Living mindfully, with awareness, can actually help to make us better Christians, Jews, Buddhists, Muslims, Hindus or followers of whatever spiritual traditions we may have been born into or have chosen for ourselves
- Jeannie Seward-Magee



A full day retreat for the mindful soul. This memorable experience starts with a floral foot bath, a ritual cleansing ceremony to prepare you for a private meditation on encouraging your highest aspirations by living mindfully in the present moment. Your entire treatment day will be filled with mindful memoirs, mindful gratitude in mother nature and time for reflection.

Your treatment includes a Shirodhara facial, a therapeutic facial treatment with a warm neck and shoulder massage followed by a cleansing, exfoliation and mask, a luxuriously de-stressing, anti-ageing cell renewal care that is rich in natural oils. The facial is followed by the Shirodhara treatment, an ancient Ayurvedic process which involves the soothing continuous flow of warm herbal oil poured slowly and gently across the forehead over the third eye, to bring deep relaxation, clear the mind and stimulate intuition and spirituality.

You are then immersed in the sweet richness of an exotic, enriching milk bath before embarking on a journey of the senses through a Shea aromatherapeutic full body experience that begins with the selection of your mood enhancing Shea and the cleansing of your energy field, followed by the comfort of a warm aromatic compress before the therapeutic massage begins and your treatment is completed with the balancing of your energy and sound therapy to rejuvenate the mind.

Floral Foot Bath | Mindful Meditation | Mindful Memoirs
| Shirodhara Facial | Mindful Gratitude in Mother Nature
| Milk Bath | Africology Shea Aromatherapeutics Full
Body Experience | Reflection | Spa Refreshments

The GRATITUDE experience includes spa refreshments.

soul therapy explained

Foot Bath Ceremony | Meditation | Ayurvedic | Shirodhara
| Ear Candelings | Reiki | Chakra | Crystal Therapy
| Sound Therapy

Foot Bath Ceremony

On arrival you will be asked to remove your shoes before entering. You will then receive a floral foot bath, a ritual cleansing ceremony, to prepare you for your treatment. During the Foot Bath Ceremony you will choose an affirmation stone that will be placed in the bath while your feet are being washed.

Meditation

Meditation does not form part of a formal religious practice, and is undertaken as a way of promoting personal growth, world peace and the healing of our planet. It is a time for contemplation and reflection, to calm the mind, ground the soul and increase mental clarity.

Ayurvedic

Refers to ancient Indian treatments, which includes traditional Thai massage, Reflexology, Indian head massage, Shirodhara and Ear candling.

Shirodhara

An Ayurvedic treatment which involves the soothing continuous flow of warm herbal oil poured slowly and gently across the forehead over the third eye, to bring deep relaxation and stimulate intuition and spirituality.

Ear candling

Also known as "Ear coning", is an ancient process with its origins from Indian, Egyptian, Tibetan and Chinese cultures. It is an alternative treatment used to gently remove excess ear wax, and relieve nasal and head congestion. The candles or cones are made from beeswax and organic linen which have been soaked and treated with herbs and essential oils.



Reiki

Reiki is primarily perceived as a practice for healing the body mind and spirit. Pronounced "ray key", it is a Japanese word meaning universal life energy, the vital life force in all living matter- animal, vegetable and mineral. You do not have to see the energy nor concentrate on it. The energy is not given or removed, it is balanced and harmonised. In a balanced state we have potential for self healing. The energy is transmitted by the therapist simply placing her hands on your body. People who transmit Reiki are not healers they are instruments for this healing energy.

Chakra

Chakra is a Sanskrit word meaning "wheel". There are seven chakras or energy centres. It is spiritually significant that the colours of the chakra system make a rainbow, and that the number seven is the sum of the number of divinity (3), and the number of mankind (4). Balancing the energy of the chakra system positively influences the physical body.

Crystal Therapy

In crystal therapy the seven chakras are the primary areas of stone placement. The organised structure of natural minerals has been found to have a beneficial and quick acting effect on balancing the chakras.

Sound Therapy

Used to restore balance to the body sound therapy is often focused on the chakras. Sound resonates with different areas of the body according to the tone that is being made. Blocks in the emotions, the physical body, and within the chakras can be loosened and released very effectively by sound.

Spa Etiquette

Assisting you in the selection of a treatment that is most suitable for your needs and desires is of great importance to us. In fact, here at The Soul Khaya, from the moment your spa journey begins until it ends, we consider it paramount that your every comfort and expectation are not only tended to, but anticipated, with unrivalled personal care.



Bookings

Please book in advance (1 week is recommended) to ensure availability. We require a 50% deposit to secure your booking.

There is a 24 hour cancellation policy, if this is not adhered to then full payment will be taken. While every effort will be made to provide you with your full treatment time reserved, should you arrive late for your appointment, the treatment time may have to be reduced depending on availability. We appreciate your understanding.

Bookings can be made by contacting michele@thesoulkhaya.co.za, mandy@thesoulkhaya.co.za, on the website www.thesoulkhaya.co.za or by telephone: Michele 083 715 5526 or Mandy 082 451 7701

Check-in

In order to maximize the benefits of your spa experience, please kindly arrive at least 30 minutes prior to your treatment appointment. Our Spa Manager and Spa Consultants will gladly advise you on which treatments may best suit your needs. In order for us to make an appropriate recommendation, we will ask that you complete our spa consultation form. *Please bring your swim wear.*

Personal Belongings and Spa Policy

For personal belongings, a lockable basket is provided, but it is recommended that you leave valuables at home. The Soul Khaya will not be held responsible for any damage or loss that may occur to your person or goods. The Soul Khaya does not refund treatments for any reason.

The Spa environment is one of tranquility and relaxation for all of our guests. It is our mission to ensure that you as well as our other customers reap the benefits of this peacefulness. Kindly refrain from smoking or using mobile phones when in the spa.

All prices are subject to change without prior notification.

Age Recommendation

We have no childcare facilities and are unable to offer treatments to anyone under 10 years.

Operating Hours

Spa Facilities and Treatments: 8:00am - 8:00pm Tuesday to Sunday. Closed on Mondays. Treatments are by appointment only.

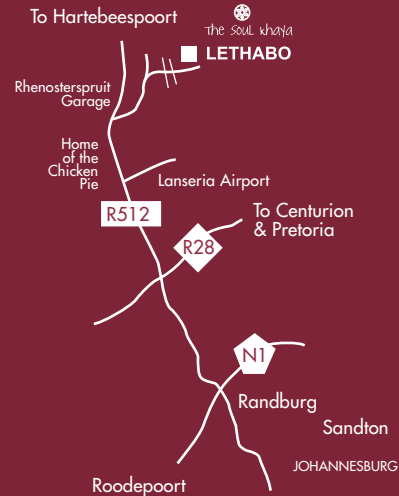


The SOUL khaya

Lethabo Estate, R512 Rhenosterspruit

michele rugani
083 715 5526
michele@thesoulkhaya.co.za

mandy TROLLIP
082 451 7701
mandy@thesoulkhaya.co.za



Take the **R512** which runs between Hartbeespoort and Randburg, Just after *The Home of the Chicken Pie* restaurant on your left, **turn right** onto a dirt road opposite the Rhenosterspruit garage. Follow the road for 3km to a fork, take the **right fork** (follow the signs for Lethabo) go over river, **Lethabo** is on your left hand side.

www.thesoulkhaya.co.za